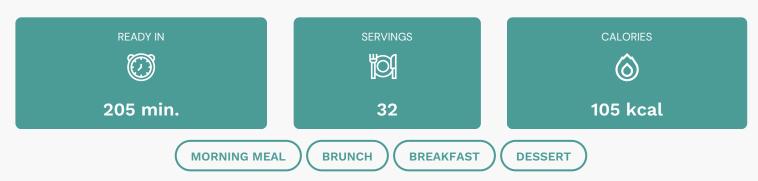


Cinnamon-Topped Whole Wheat Zucchini Bread

Dairy Free



Ingredients

- 3 cups zucchini shredded (2 to 3 medium)
 1.7 cups sugar
 0.7 cup vegetable oil
 2 teaspoons vanilla
 4 eggs
 3 cups flour whole wheat
 - 2 teaspoons baking soda

1 teaspoon salt
1 teaspoon ground cinnamon
0.5 teaspoon double-acting baking powder
3 tablespoons sugar
0.5 teaspoon ground cinnamon
1 tablespoon butter cold

Equipment

bowl
frying pan
oven
wire rack
loaf pan
toothpicks

Directions

Move oven rack to low position so tops of pans will be in center of oven.

Heat oven to 350°F. Grease bottoms only of 2 (8x4-inch) loaf pans or 1 (9x5-inch) loaf pan with shortening or cooking spray.

In large bowl, stir zucchini, 1 2/3 cups sugar, the oil, vanilla and eggs until well mixed. Stir in remaining bread ingredients; mix well. Divide batter evenly between 8-inch pans or pour into 9-inch pan.

In small bowl, mix topping ingredients with fork until crumbly. For 8-inch loaves, sprinkle evenly over batter in both pans. For 9-inch loaf, sprinkle over batter in pan.

Bake 8-inch loaves 50 to 60 minutes, 9-inch loaf 1 hour 10 minutes to 1 hour 20 minutes, or until toothpick inserted in center comes out clean. Cool in pans on cooling rack 10 minutes.

Loosen sides of loaves from pans; remove from pans and place top side up on cooling rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts

PROTEIN 8.54% 📕 FAT 17.66% 📒 CARBS 73.8%

Properties

Glycemic Index:8.04, Glycemic Load:8.11, Inflammation Score:-1, Nutrition Score:4.0717391319897%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 104.69kcal (5.23%), Fat: 2.14g (3.29%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 18.75g (6.82%), Sugar: 11.91g (13.23%), Cholesterol: 20.46mg (6.82%), Sodium: 160.93mg (7%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 2.33g (4.66%), Manganese: 0.5mg (24.86%), Selenium: 8.74µg (12.48%), Phosphorus: 57.01mg (5.7%), Fiber: 1.37g (5.48%), Magnesium: 18.28mg (4.57%), Vitamin B1: 0.06mg (4.27%), Vitamin B6: 0.07mg (3.72%), Vitamin B2: 0.06mg (3.37%), Iron: 0.57mg (3.14%), Vitamin B3: 0.62mg (3.08%), Copper: 0.06mg (2.88%), Zinc: 0.4mg (2.69%), Folate: 10.34µg (2.58%), Vitamin C: 2.09mg (2.53%), Vitamin K: 2.43µg (2.31%), Potassium: 79.98mg (2.29%), Vitamin B5: 0.18mg (1.77%), Vitamin E: 0.24mg (1.61%), Vitamin A: 69.89IU (1.4%), Calcium: 13.7mg (1.37%)